



*From the desk of the Registered Dietitian: Rachel Robinson, RD, Chief Clinical Dietitian*

## ***Healthy Thanksgiving***

Thanksgiving can be both a fun and a stressful time for many people. Here are five tips for ways to keep this Thanksgiving healthy.

### **Find Good Company**

Being in the company of others can brighten your mood. If you have a poor appetite this Thanksgiving, company may even increase your appetite. If you can't be with family, find a friend or neighbor who might join you. There may be a meal available to you in the community. You might even want to volunteer, if you are able, to help provide a nourishing Thanksgiving meal to others.

### **Listen To Your Heart**

From heartburn to heart attacks, it's especially important to pay attention to what you eat this time of year. Heartburn can be exacerbated by fatty meals or oversized portions. Be sure to stay upright at least 60 minutes after eating. For a healthy heart, have extra vegetables, opt for white meat, and limit excess butter and heavy gravies.

### **Skip The Salt**

If you have high blood pressure, chronic kidney disease, or the tendency to retain water, then you should be extra careful of the sodium content of your food this time of year. Between turkey brine, ham, gravies and sauces, stuffing, and many green bean casserole recipes, there's sodium in many dishes even if you skip the salt shaker. Try to limit the portion size of high sodium foods or skip them altogether.

### **Drink In Moderation**

Some medications may be problematic when combined with alcohol. If you do choose to enjoy an alcoholic beverage, do so in moderation. You should never drink and drive, so be sure to arrange transportation if you will be imbibing.

### **Be Prepared**

Cold, flu, and depression are more common in the winter months. Make sure all your prescriptions are filled and up-to-date. If you feel under the weather, don't delay in contacting your physician. Be sure you keep a current list of medications and any medical conditions you may have in the event that you do experience a medical emergency during the holidays. Remember: one of the best things you can do to keep sickness at bay is wash your hands with warm water and soap!

The recommended voluntary contribution for a Friendship Center meal or a Home Delivered meal is \$3.00 per meal. If monthly income is higher than \$1,814 for an individual or \$2,455 for a couple, it is suggested that the contribution be the full cost of the meal: \$7.76 for a frozen meal or \$8.95 for a hot meal. Under 60 Friendship Site guests pay \$8.95. All contributions are voluntary and confidential. No one will be denied a meal if they do not contribute. Please make check Payable To **Ulster County**. Thank you!